FRANCIS SHIPOPA

WHO AM I, REALLY?

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First edition

“The hardest journey isn’t outward to the universe, but inward—to uncover the map of who we are and where we started.”

- Francis Shipopa.

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Foreword

"Many are the plans in a person's heart, but it is the Lord's purpose that prevails." (Proverbs 19:21)

Purpose is not stumbled upon by accident—it is revealed. And when it is revealed, it comes wrapped in humility, clothed in gratitude, and sealed by divine intention.

My journey has been filled with inspiration and discovery, and one of my greatest lessons has come from observing Francis Shipopa. His determination to publish his books—sacrificing all that he has so that the word of God may be preached—reaveals a profound truth: when you understand your purpose, you can give up anything for God without looking back.

Francis's humility to teach, his love for both the weak and difficuilt, his generocity even in times of lack, have deeply inspired me. Through his example, I have come to realize that true success in life does not begin with capital or a job. It begins with embracing your purpose, and trusting that you can do all things through Christ who strengthens you.

It is with great honor and joy that I write this foreword, inspired by the author, Francis Shipopa, whose words have captured the essence of a divine calling. Jesus said, "my sheep hear my voice; I know them, and they follow me" (John 10:27). It is in that awareness that you begin to recognize your purpose, the very reason you were crafted in the mind of God before you were formed in the womb.

This book is not just a mirror for deep self-reflection—it is a compass pointing to divine guidance. Through every page, you will be reminded that your existence is no accident. You were placed here on purpose, for a purpose.

As you journey through these words, I pray you are stirred to listen deeper, to grow bolder, and to walk faithfully in the calling uniquely designed for you in Christ Jesus.

In Christ's service,
Agnes Lifuke

Preface

I have personally encountered people who left this world as though they had never contributed anything to it. Their lives seemed like footprints washed away by the tide, leaving no memory, no mark, no legacy behind. Watching this unfold left me with questions too heavy to ignore: why do some live and die unnoticed? What does it truly mean to exist with purpose? Those questions did not trouble me; they pushed me to seek answers, and in searching, I discovered insights that confront the very core of our existence.

Who Am I, really? Is more than a book—it's a mirror. It doesn't just ask questions; it demands answers. It's a journey into the deepest corridors of the human soul, the kind of journey that requires you to remove every mask, silence every distracting voice, and confront the one person you can't outrun: yourself.

In our world today, especially among the youth, there is a silent epidermic. Many are dying before their time—not always in the physical sense first, but spiritually, mentally, and emotionally long before their bodies give way. We live in an age of information, yet our hearts remain empty. We have a thousand "followers" but not one true friend. We can name every celebrity, but not the hidden treasure within our own being. This is why depression, reckless living, addiction, and hopelessness have claimed more young lives than wars and diseases combined.

Man's greatest tragedy is not poverty, sickness, or even death—it is ignorance of himself. Since the beginning, humanity has searched outward for identity—in possessions, titles, relationships, or achievement—while neglecting the inner map that was placed in the heart by the creator.

Without that knowledge we live like kings who don't know they have a kingdom, heirs who never claim their inheritance.

This book is a call back to the ancient question: "what is man?" not as a philosophical riddle, but as a personal awakening. Until you know yourself, you cannot truly live.

Until you discover why you were created, you will waste energy chasing shadows. And until you find your true identity, life will remain an endless search for something you already carry within.

If you are ready to uncover the truth that religion has dimmed, society has distorted, and your own fears have hidden, then read on. You will not be the same.

Acknowledgments

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Special thanks to my financial and spiritual mentor Prophet Prince Kazeze for his insightful and profound lectures in this project. I am also deeply thankful to all my brothers and sisters for their patience, understanding, and constant encouragement.

Lastly, to all my readers, thanks you for giving life to these words.

1

THE IDENTITY CRISIS

Back in grade Nine, my Nose wouldn't stop running and my asthma kept me gasping for air. Every cough made me panic that I would fail my exams. I felt small, helpless and convinced I wasn't enough. But little did I know, those were just the beginning of learning who I really could be. And that's where the journey of understanding began.

It's strange how suffering changes the shape of our prayers. Before pain came, my prayers were well-arranged: gratitude, worship, petitions for friends and family. But when pain arrived, my words became unpolished. Sometimes they were just tears. Sometimes they came as anger. I still believed in God.

When life falls apart, we rarely start with answers. We start with questions:

"Why me?"

"Where were you, God?"

"How long will this last?"

The bible shows that these questions are not new—Job asked them. David cried out in Psalms. Jeremiah groaned them in lamentations. I had been serving God faithfully—believing that

obedience would keep certain storms away.

But the storms came anyway, violent and uninvited. There was a certain season when the weight of disappointment pushed me close to the edge.

I remember one particular week when I said to myself, "I'm done. I'm stopping this 'serving God' life. I'll live for myself and do what I want." I even thought about picking up smoking—something I had never done before—just to prove to myself and maybe God that I could walk away if I wanted to.

But deep down, it was hurt driving me. I felt unseen. Unheard. Abandoned.

I now realized I wasn't running away from God—I was running away from pain, hoping that if I changed my life, the ache in my soul would go away. But the truth is, no cigarette could fix a wounded spirit. I prayed and looked for signs, but nothing moved. And yet, silence does not mean absence.

The Teacher and the Test

Imagine you are a student in a classroom. You have listened to the teacher for weeks, perhaps even years, taking notes, learning lessons, asking questions—and the teacher always answers. Then comes exam day. You sit down, and for the first time, the teacher has to say nothing.

It's not because the teacher has abandoned you. It's because the teacher had already prepared you. In that moment, the silence is part of the process. If the teacher whispered answers during the test, the exam would lose its meaning.

That's what God's silence often is—not abandonment, but an examination. He's testing the endurance of what he has already taught you.

The testing isn't for him to learn about you—he already knows your heart. The test is for you to discover how deeply his truth has taken root in your life.

An identity crisis in purpose happens when one no longer know who they are or why they exist. You and I have been in that situation before or we might be wondering about our meaning in life. It's one of the deepest forms of inner confusion which often leads to depression, anxiety, addiction, and even suicide. The tragedy lies not in failure but in not knowing why you are alive.

People wander through life without clarity, constantly shifting jobs, relationships, or lifestyles, hoping to "feel fulfilled." Even those with fame or wealth often feel hollow, because purpose isn't about status—it's about meaning. When people don't know their purpose, they fill the void with distraction: drugs, sex, alcohol, or even overworking. On the other hand, many end their lives not because of pain, but because they believe life is meaningless.

Each time I come across discussions on purpose, two quotes often pop up in my mind. One by Dr Myles Monroe and another by Mark Twain.

"The two most important days in your life are the day you are born and the day you find out why." – Mark Twain

And Myles Monroe who said:

"When purpose is not known, abuse is inevitable."

The real tragedy to life is not dying—but living without knowing why.

When Pleasure Becomes a Prison

In every generation, there have been people who reached the heights of success, who tasted the sweetness of fame, wealth, sex, and indulgence—only to discover that pleasure without purpose is a trap. A trap without visible bars. Here are tales of those who lived their lives teaching us that pleasure without meaning is poison with a sweet taste.

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1.Whitney Houston
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Whitney's voice was unforgettable—truth be told I once decided to listen to her songs. She became a global icon, singing anthems that lifted millions. Yet behind the stage lights was a woman crumbling under the weights of fame and pressure. She turned to drugs, toxic love, and chaos. In an interview, she said:

"The biggest devil is me. I'm either my best friend or my worst enemy."

As the world saw her as queen, inside of her heart she was a prisoner. On February 11, 2012, she was found dead in a hotel bathtub, surrounded by traces of her battle.

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2.George Best
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George Best was a football genius. I Am not a football fun but his story took my attention. On the pitch, he was unstoppable. Off the pitch, he was wild—money, cars, women, and alcohol filled his days. Half-laughing, he once said:

"I spent a lot of money on booze, birds, and fast cars. The rest I just squandered."

The joke masked a slow destruction. Liver disease eventually claimed him, and he spent his final years in and out of hospitals.

Before his death, he whispered to a friend:

"don't die like me."

George had talent many would kill for. But purpose? He lost it in the noise of pleasure.

A Glimmer of Hope

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3.Annie Lobert
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A high-end escort in Las Vegas, was addicted to drugs, money, and abuse. She hit rock bottom after overdosing and being abandoned by a client. Alone in the hospital, she whispered a prayer:

"Jesus, if you are real...please save me."

She later found a group of Christians called hookers for Jesus, who rescued and restored women from sex work. This story proves: **No one is too dirty for grace.**

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4.Mary Magdalene
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Everyone might have known her but not for anything honorable. She wasn't known for her kindness, love or whatsoever good one can ever think about but her sinful life. In Luke 7:36-50, she anointed Jesus with perfume and wept at his feet. Let me run you through the story in case you missed it.

In Pursuit for Purpose

One evening, Jesus was eating at the house of a pharisee named Simon. Pharisees were strict religious leaders, and Simon considered himself as being holy, clean, and respected.

But the dinner was interrupted. She walked in. am not sure if the guards were not paying attention or there were no guards at all but she was in. I believe this was ordained to be so. Imagine the stare of those who were enjoying the moment with the Messiah.

Not an ordinary being. To some it might have been great because they dined with Jesus while to others it was a normal thing. But a woman was standing in front of them. A woman the town recognized— "a sinner," most likely a prostitute. She didn't speak. She simply wept and opened an expensive alabaster jar of perfume—something she may have earned through years of selling her body.

She knelt at Jesus' feet. Her tears washed his feet as she wiped them with her hair. She kissed them then she poured out all her perfume. All that was in that room was silence except inner voices:

"If this man were a prophet," Simon thought, "he would know who is touching him and what kind of woman she is."

But Jesus did know. He turned and told a short parable:

Two people owed a debt. One owed much and another owed little. The lender forgave both.

"Which one will love him more?" Jesus asked.

"The one who was forgiven more," Simon replied.

Jesus nodded, then looked at the woman—not with disgust, but with deep love and said:

"Her many sins have been forgiven...your faith has saved

you. Go in peace." Luke 7:47,50.

Well, she came in tears and walked out in peace. To make it more interesting, Mary didn't disappear into the shadows. She followed Jesus. She was one of the few who stayed near him at the crucifixion. From prostitution to a preacher of hope. It wasn't only the forgiveness part that made her story miraculous, it was the change of identity. When purpose is known—your life changes.

The Struggles of Truly Knowing Yourself

Discovering who you really are is one of the hardest journeys a person can take—not because the truth is far away, but because so many layers hide it. One of the biggest obstacles is outside expectations. From the moment you are born, society, family, and culture try to tell you who you "should" be. They hand you labels, roles, and checklists that may not match your inner truth. I know what it's like to wrestle with this. For years, I kept running from God's calling on my life, partly because I feared stepping into an identity that didn't fit what others thought was safe or respectable. Sometimes, we run not because we don't know the truth, but because we don't want to face the cost of living it.

Another deep challenge is the **fear of judgement**. We often hide our real selves so that people won't criticize, reject, or misunderstand us. I have lived through rejection, and it cut deeply-I remember sitting after an interview, heart heavy, when they told me I didn't get the position. In that moment, I questioned not just my skills, but my worth. It's in moments like these that the fear of showing your true self grows stronger, because you think, what if I'm not enough?

Past pain can also cloud your self-perception. For me, sickness was part of the pain. Battling asthma was not just a physical struggle—it was emotional and spiritual, too. It made me feel weak and limited, like my potential was smaller than others'. Trauma and illness have a way of whispering lies into your soul, convincing you that you are less than what God actually made you to be.

Then there is the **comparison trap**, which is especially loud in our age of social media. It's easy to look at others who seem healthier, more successful, or more confident and think, why am I not like that?

But the truth is, comparison blinds us to our unique path. I have had moments where I measured myself against others' timelines and wondered if I was already "behind" in life—forgetting that God's call comes in his timing, not mine.

There is also **internal conflict**—wanting two things that don't agree with each other. I wanted to live a comfortable, predictable life, but deep down I knew I was made for a mission that would stretch me beyond my comfort zone. I knew that saying yes to my true self, my God-given purpose, might mean letting go of certain people, jobs, and even old dreams. And change, even when its good, can be terrifying.

Then there is the **influence of voices around you**. Friends, media, and culture constantly feed you with ideas about success, beauty, and happiness. If you are not careful, those voices become louder than God's. I had moments when well-meaning people told me to "be realistic"—but "realistic" often meant settling for less than what I was made for.

Many people never stop to question the path they are on. They wake up, work, eat, sleep—repeat the same routine without ever asking, is this really me?

It's easy to confuse routine with identity, until one day you realize you have been living a life you didn't consciously choose.

Reflection:

Remember, you are not an accident. God knows you completely, even the parts you don't see in yourself.

I Am in a Crisis

The hidden story of stress

University life hit me like a storm—mountains of assignments, deadlines sneaking up, and nights when sleep felt impossible. Stress became a constant companion, whispering that I wasn't cut out for this. Yet, through that pressure, I discovered a part of me that could hold steady when everything felt chaotic. And that's how I started learning the strength inside me.

Stress. We hear it so often that it has become one of those words that is common among many. But hidden inside this overused word is a history nobody ever told you. Stress is a crisis that has to be solved. But the question still persist: "how can we deal with stress?"

The word stress came from the old French *estresse*, meaning "oppression." But going deeper—back to Latin *strictus*, from stringere, "to bind, press together, a force." Am sure you have noticed that the word "strangle" has its roots from the Latin word earlier. that's not a coincidence. If stress is left unchecked, it can choke your peace, creativity, and even your health. To strangle means; to choke or suppress something so it can't grow or function. Figuratively, its anything that slowly kills or suffocates life, joy, or freedom.

We see from the original meaning that stress wasn't about

"feeling anxious." It was about being pulled by a force so tight that your very shape is at risk of changing. Below is a typical example;

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x

What we now see is that stress isn't just an inconvenience. It's a **re-sharper**. It doesn't only affect your mood; it has the power to change your thinking patterns, your habit, even your identity. And this is where the story of stress becomes dangerous.

Picture a father working two jobs just to keep the light on. Just to pay rent and handle responsibilities. His back aches, his eyes burn from lack of sleep, and his mind is constantly calculating how to stretch that little money he has. And in his quiet hours, his spirit begins to whisper questions he is too tired to answer: "will God come through for me? Am I doing enough? Am I enough?"

Or imagine a young woman in a marriage where her voice is

never heard. She is often abused. She smiles in public, but her legs freeze before walking into the house. Her spiritual life that was once bright—now flickers in shadows.

Then there is the student staring at a pile of textbooks as exam whispers in a corner. His heart races every time he tries to study. Fear of failure stalks him at night, whispering, "you can't make it." It is not only his grades that are under attack, but also his sense of worth.

Stress. Yes, stress comes in countless disguises. Sometimes it is that friend who loses their job and wakes up every morning with chest tightness and no appetite.

Each step, each breath, seems heavier than the last. People often walk around with smiles, but behind closed doors, many are fighting silent battles—battles no one sees. This is what we call stress.

Money troubles

Some people wake with empty wallets and heavy hearts, not because they are lazy, but because their opportunities never knocked on their door or maybe they missed them. Bills pile up. Debts grow. The dream of a better life becomes distant, like a cloud you can see but never touch. This kind of stress doesn't affect the pocket—it affects the soul. It makes people question their worth.

Relationship troubles

Not all pain comes from situations. Some of the deepest wounds come from people we once trusted. Marriages collapses under secretes and silence. Friendships end without explanation.

Families break apart over pride and misunderstanding. Even in a crowd, someone can feel completely alone. That kind of emotional stress sticks—it rewrites how people see love, trust, and themselves.

School pressure

Students often race against time. Exams, deadlines, and expectation come from every corner. Some study hard and still fall short. Others battle with self-doubt, wondering if they are smart enough, good enough, or even meant to be there at all. The fear of disappointing parents, teachers, or even themselves can turn classrooms into prisons. Every failure feels like a thousand mile away from success.

The truth is, everyone is carrying something. Some carry grief. Others carry fear, guilt, or shame. So before judging others, remember: not every struggle is visible. Life isn't easy. But knowing your worth and purpose alleviates stress. We all break. But we can heal, grow, and rise again.

The Consequences of Stress

Stress leads to:

1. Drug and alcohol abuse
2. Self-destructive behavior
3. Diseases and pain
4. Bad relationships
5. Sexual problems
6. It depletes vitamins and hormones in the body
7. Loss of focus

8. Production of harmful hormones such as cortisol and adrenaline, which leads to unhealthy reaction to fight or flight responses.

Stress Leads to Mental and Emotional Disorders Like:

1. Depression
2. Anxiety
3. Frustration
4. Hopelessness
5. Low self esteem
6. Lack of self-confidence

Controlling Stress

Handling stress begins with recognizing its triggers and understanding how it affects your mind and body. One effective approach is to prioritize self-care—getting enough sleep, eating balanced meals, and staying physically active, as these directly influence your resilience.

Equally important is learning to pause and breathe deeply when tension builds, giving your body a chance to reset. Organizing tasks into manageable steps can help you prevent feeling overwhelmed, while maintaining healthy boundaries protects your mental space. Talking to someone you trust—whether a friends, family member, or a man of God.

From the biblical perspective, handling stress begins with surrendering our worries to God, trusting that he cares for us deeply. Scriptures remind us in Philippians 4:6-7 to "be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made known to God," and

promises that his peace will guard our hearts and minds. This means that when pressure builds, we turn first to prayer, laying every burden at his feet instead of carrying it alone. Here is a method I formulated that helps;

The triple “s” (3s) method

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1.Stop
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When stress rises, first pause. Don’t rush to react. This is the moment to step back and calm your thoughts. In a biblical sense, this is like “be still and know that I am God” (psalm 46:10).

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2.Shift
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Change your focus from problems to God. Instead of magnifying the stress, magnify the lord through prayer, worship, and scripture meditation. This shift in perspective reminds you that “greater is he who is in you than he who is in the world” (1 john 4:4).

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3.Strengthen
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Build your inner and outer strength habits through God’s word, positive habits, and supportive relationships.

This could mean daily reading of scriptures, exercising, or surrounding yourself with encouraging people.

The Hidden Story Behind Addiction

The word addiction comes from the Latin ***addictus***, meaning bound to or enslaved by. In ancient Rome, an addictus was a person who couldn't pay their debt and was handed over to the creditor as a slave. They no longer owned their time, work, or freedom—they belonged to someone else.

This paints a hidden picture: addiction is not just "a bad habit"—it is ownership. The thing you serve owns you, and you can't walk away without a price being paid.

Long before modern science named it, addiction existed in ancient rituals. Greek mystery cults used wine and herbs to reach trance states, sometimes never returning to reality. African tribes used plant stimulants for spiritual journeys. In all these, the pattern was the same: a doorway opened that was hard to close.

Today, addiction wears a suit and smiles. It can be alcohol, drugs, gambling, pornography or even food. Society markets it as fun, freedom, or luxury—but it's still the same ancient slavery in modern packaging.

The bible does not use the word "addiction" but it speaks of bondage clearly:

Romans 6:16- "you are slaves to one you obey."

In Rome, slaves were freed in several ways:

1. Debt repaid: by the slave or another person.
2. Master's mercy: legal declaration of freedom.
3. Redemption: a third party paying the full price.

Addiction is not new—you are fighting an ancient enemy in modern form. The craving is not just your body but your

allegiance. Every ancient slave who walked away was either paid for, pardoned, or rescued. Spiritually, you have already been paid for. That is what the savior came to do. Here are testimonies of those that escaped addiction;

- **Josh McDowell**—a well-known Christian apologist. He openly shared that as a young man he was addicted to pornography, but overcame it through accountability, scripture, and God's grace.
- **Mo Isom Aikem**—former LSU soccer star. She battled pornography and sexual sin for years before encountering God's forgiveness, finding healing through prayer and vulnerability.
- **Brittni De La Mora**—former porn actress. After meeting Christians who loved her without judgment, she left the industry, broke free from sexual addiction, and now ministers to others.

For you to escape slavery, you need to change a master. That master is the Lord Jesus.

The F.R.E.E.D.O.M path.

Freedom is the ability to live without being controlled by what holds you back—whether its fear, guilt, or an addiction. To be free from something like addiction, you must first acknowledge its grip on your life, because you cannot break chains you refuse to see.

Many people want to break free from addiction but feel lost on where to begin. That's why I developed the F.R.E.E.D.O.M plan—seven actions that help you walk toward freedom one day

at a time.

1. **F**—face the truth about your chains.
2. **R**—remove triggers and access points.
3. **E**—engage with people who will hold you up.
4. **E**—establish a new master.
5. **D**—depend on God's strength, not just willpower.
6. **O**—occupy your mind with purpose and service.
7. **M**—maintain vigilance every day.

Freedom begins when you stop lying to yourself about the comfort you have found in your chains. When you remove a destructive habit without replacing it with God, you create a vacuum—and the vacuum will suck the same habit back in. the thing that enslaves you doesn't always attack head-on; it sneaks in through little cracks—your environment, your routines, your hidden triggers. Your battle isn't just against a habit—it is against a spirit that doesn't want to let you go.

Freedom is not a finish line—it's a lifestyle. The freedom process isn't just about leaving something behind—it's about becoming something new.

This isn't just another book filled with clever words—it's a key. A key that, if you use it, will open a door you may not have even believed existed. As you walk through these pages, you are not simply learning—you are unlearning the lies that have held you for years. And when you turn the final page, you won't just close a book—you will close a chapter of bondage and open a lifetime of purpose.

Reflection:

Freedom starts with a choice and one small step. What chains are holding you back today? And what step can you take to let go and move forward?

2

LET US MAKE MAN

I remember the day like it just happened yesterday. It was around fourteen hours when I guided my bike onto Madalitso Road. the sun hanging high in the sky when I steered my bike across the road. Behind me sat peter, my childhood friend, his hands gripping my shirt tightly. Out of nowhere, a car came rushing down toward us—for a moment, time slowed. Somehow, we weren't hit. How the car missed us by what felt like an inch still remains a mystery. Every time I think about that moment, I thank God, because if I hadn't survived, you wouldn't be holding this book in your hands today. It made me realize that life has a purpose, and sometimes near-misses are God's way of reminding us of it.

Let's revisit an important moment in the book of Genesis, one I love reciting often when I sit down.

"Then God said, 'let Us make man in Our image, according to Our likeness..." – Genesis 1:26

Imagine the scene. God the father sits at the head of the table. Heaven leans in. silence is observed and a voice is heard saying;

"Let Us make man."

Gasps. Lightening. Thunder. Maybe even an angel droping his harp.

"Wait...you are making something in your image?"

"Yes," God says. "In Our image. And after our likeness. With Our breath. With Our creativity. With Our love. But I'm going to give them something strange—free will."

Heaven marvels and claps for joy knowing the father's words never falls to the ground. In excitement the heavenly might have wondered who the so-called man could be. And how different he would be from them.

Man wasn't made as a backup specie or divine experiment. You, yes YOU, weren't an accident.

When God said, "let Us make man," it wasn't just about giving humans legs and lungs. It was about **design**, **intention**, and most importantly—**purpose**.

People are searching for purpose in degrees, jobs, followers, fame, money, makeup or muscles. One seems to know what he was made for while another is wondering about looking for the reason they are here on earth. Truly! This has been a journey for mankind.

The Divine Design

"Then God said, 'let Us make man in Our image (tselem) and after Our likeness (Demuth)..." – Genesis 1:26.

Hold on. So, God didn't just say, "let Us make man with legs, a brain, and the ability to cry during sad movies." He said, "let Us make man in Our *tselem* and *demuth*."

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1.Image (Tselem)
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The word image in Hebrew the original language of the Old Testament means "shadow" or "representation." It's not about appearance but about function, essence, and authority. When God made you in his tselem, he was saying:

"Let us make a mobile divine billboard that show off Our glory, creativity, and authority."

I have heard many say, "I am handsome because I was made in his image." What they mean is they are handsome because God is handsome. Well, the word image in Hebrew ***tselem*** is far from the physical appearance. Think of the word image to mean a representation. In ancient kingdoms, if a king could not be physically present, he would set up a statue of himself. Why? So that people remembered:

"This is who rules here."

That's you.

You are heaven's representative on earth, not for people to worship, but to remind creation that God in control.

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2.Likeness (Demuth)
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Each time I come across this word as I study the bible I always think of a funny analogy. Let's say God is the original phone model. You are not the phone, but you are the app designed in his software language. Same operating system. That's the likeness.

The word likeness in Hebrew does not mean what God "likes." Someone might think, "let Us make man in our image and after what we like" that Was what God meant. But that's wasn't the case. Likeness is rooted from the word Demuth which means "to resemble, to be like."

So, if tselem is the representation, Demuth is the function. Image(tselem) is your position—who you represent. Likeness (Demuth) is your potential—how you resemble God in character, choices, and creativity.

No creature in creation got that combo. Why can't you think about that for a minute instead of wondering what you are doing on earth?

You are not just random. You are royal. Think of God installing you on earth to function in his way. Ever installed an app on your phone?

You don't install an app that you don't want to utilize. You install what you desire to use. Same applies to God, he brought you to this earth for him to use you. Someone is thinking "Francis, do you mean being used as a preacher." Yes! You got it right. Being a teacher, engineer, doctor, nurse, architecture, soldier, builder or a farmer empowers one to show forth God's glory. These are different ways God uses individuals to preach his power and essence.

The Secrets of Creation

"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life (chayim); and man became a living soul." Genesis 2:7

One of the most fascinating details in the creation story is the phrase "the breath of lives." I know you might have thought its "the breath of life." In Hebrew, **Chayim** means "life," but in the phrase, it is pluralized to emphasize the richness and complexity of what God was giving to man.

When God breathed this "breathe of lives" into man, he wasn't merely turning dust into a living creature; he was infusing him

with multiple layers of life.

The plural "lives" suggests that human life contains many dimensions, or "lives" intertwined. This plural form hints at man's eternal aspect, too: the life that goes beyond the physical and touches the divine, something that other creatures do not possess in the same way.

Why God Had to Breathe Personally

God could have spoken Adam into life like he did with the stars. But breathing is intimate. Breath travels from the innermost part of a being. When God breathed into Adam, he was not just giving life—he was sharing himself.

This made humans different from all other creatures. The animals have the breath of life, but Adam had the breath of lives—a bridge between heaven and earth.

The Soul and Heaven

In 2022, immediately after completing my secondary school, I attended a Hebrew school called Jacob's well Hebrew School. It was a season that shaped me in ways I will never forget. There, I was introduced to many deep teachings of the Hebrew language, and one of the subjects that fascinated me most was gematria, which I will explain in this part.

I was eager to learn, and my hunger for knowledge caught the attention of the older Rabbis also called teachers. They gave me opportunities to share what I had learned with others. Teaching was not given lightly;it was reserved for those who had studied enough to truly understand. I was entrusted with that honor. Among my fellow students, I was even called "Rabbi",

not because of my age, but because of my diligence, passion, and the understanding I displayed.

The Hebrew words for soul and heaven have a surprising secret. When their letters are assigned numerical values, both words equal the same number: 395.

The depth in the Hebrew words of the soul and heaven offers a marvellous and advanced level of understanding. The word soul and heaven in Hebrew share a great relationship but if taken as mere words of description, it contains less or no meaning.

What is gematria?

Before we dive into the soul and heaven connection, lets pause. What is gematria?

Gematria is a system of assigning numbers to Hebrew letters. Every letter has a numerical value. Imagine gematria like God's calculator: words have numbers, and numbers reveal secrets.

To make it simple, imagine you are playing a game where every letter of the alphabet has a number. A=1, B=2, C=3, and so on. If we spell the word CAT, we get C (3) + A (1) + T (20) = 24. If another word, like FUN, also added up to 24, then it would mean CAT and FUN secretly share the same code. That's how gematria works.

I am about to share these truths because I don't want to lose you.

The word soul in Hebrew is the word "NeShaMaH" written without the vowels (N, Sh, M and M). Assigning the number codes as discussed earlier, the values of N, Sh, M and H are as follows:

N=50
Sh=300
M=40
H=5

The addition of these individual letters yields, 395

50 + 300 + 40 + 5 = 395

That means the numerical value of the word soul is 395. To determine how this is related to heaven we apply the identical process of assigning number to letters in the word heaven. In Hebrew, heaven is spelled as HaShaMaYiM. As consonants the word is written as;

H=5

Sh=300

M=40

Y=10

M=40

5 + 300 + 40 + 10 + 40 = 395

Representing each letter as its numeric value, we discover a direct and perhaps surprising relationship between the two words.

Adding the number values for heaven yields the number 395 which is precisely the same value as the word soul.

One of the rules of gematria is that two words related in number are related in nature as well. God created heaven and earth as distinct locations. He created the body and the spirit. But there happens to be one entity that links the body to the soul or heaven and earth and that is the soul. What makes man so unique and great is in his ability to act as a bridge between two realms, a marriage between heaven (spirit) and earth. This is part of the proof of the divine nature of God in man. We are now drawn to the purpose of this verse;

"What is man that you are mindful of him?...." psalms 8:4

With part of the proof, I believe the psalmist needed this piece of information about man.

3

THE DEEP WITHIN

There was a time I wished my eyes could unsee what they had seen. I stood among the dying—men, women, and children whose breathes grew shorter with every passing moment. Their faces carried stories of pains I could not erase, and all I could do was stand there, powerless.

I felt anger, sorrow, and fear all fighting inside me. But above them all was one burning question: "God, will you speak?" I needed his voice more than I needed air, more than I needed answers. I wasn't asking for miracles—I was asking for him. This was the moment I learned about the deep within.

I realized then that there is something in man far deeper than breath or thoughts. it is the heart—the place where God himself chooses to meet us. And it was there, in that moment of despair, that I touched the deep within.

God did not create humans like robots. He did not give us data and wires. He designed us as multi-dimensional beings. We are a marvel to angels. We are superior beings. And that mindset is highly appreciated when one comes to that degree of knowledge of our purpose. To understand your purpose, you

must understand how your heart, soul, and spirit are beautifully, mysteriously woven together.

The Heart

In Hebrew, the word for heart is "lev." Here is a picture of the word:

(heart)

The letter representing a staff means "instruction." The word begins with a staff, showing that your heart is meant to be guided. Guided by someone. Not your friend or your family members but by God.

Like a teacher holding a staff while teaching. Pointing the stick towards what the teacher might be teaching. When left on its own, the heart can be deceptive (Jeremiah 17:9).

The other letter represents a "house." Your heart is a house. But not an empty one. Its full of thoughts, beliefs, memories, desires, and purpose. But most importantly, it is the place God wants to dwell in.

That means the heart is; **the house of instruction or the house that must be guided by a teacher**. If the heart is a house that means it contains something great and mysterious.

The heart is the router that hosts the connection between the soul and the spirit. The spirit knows what God says. The heart says, "yes, I agree with you."

Then the soul obeys and lives it out in the body. The transformation begins from within. It starts from the heart. **"As a man thinks in his heart, so is he." – proverbs 23:7**

Purpose is in the heart. Purpose isn't a choice. It's a discovery. A hammer will never choose to be a toothbrush. It's not a choice. Many have chosen what they want to do with this life. They haven't discovered what was placed in their hearts by God. When the heart collapses, life looks like a loop of empty motions. This is because we have not yet discovered what was placed in our hearts as Solomon revealed. He said; **"God has put eternity in their hearts..." – Ecclesiastes 3:11**

This part explains to us how our purpose is tied to eternity. The heart as a house received eternity that came with a purpose for us. You were born with a hidden code. We have to ask the creator questions like; what made him choose the heart as a house of eternity? Why not the mind?

Solomon, the wisest man in those days was saying; God planted a **seed of forever** inside a temporary creature. Though man lives in time, there is something inside man that rejects limits.

Have you ever asked yourself:

- Why do I feel like I am meant for more?
- Why doesn't success satisfy me fully?
- Why do I hate the idea of death?

It's because you have a whisper of eternity echoing inside your chest.

What Then is Purpose?

Purpose is eternity on earth.

It's when your temporary life becomes a vessel for eternal meaning. It's not about fame. It's not about fortune. It's about function. You don't invent your purpose. You uncover it from the eternal part of you God planted.

Man was made:

- In eternity
- By an eternal being
- For eternity
- With eternity inside.

Eternity is not just about time—it's about value. When the bible says "eternity," it doesn't just mean forever in length. It means forever in significance. Something eternal is: unshakable, unfading, forever meaningful. Your purpose is not just something you do. It's something that lasts long after you are gone. You have to make your works eternal. When someone is longing for purpose, though it might seem to be their desire, it is eternity calling to be revealed.

It is eternity saying, "reveal me because I have been in your heart for a long time."

Because at the end of the age, God won't ask:

"How much did you make?"

He will ask:

"Did you do what I placed in your heart?"

And in that moment, you won't utter any word. Eternity will speak.

The spirit of man was made in eternity. By an eternal being (God). The spirit was given a purpose from eternity. That means the real man is the spirit. Before the body was formed.

For us to understand what we are doing on earth, we have to know what we were doing in eternity. It's the purpose we were given in eternity that makes us complete. Eternity isn't physical—you can't touch it neither can you see it. The greatest tragedy to mankind has been his search for what does not fulfil him. This is because man has searched the physical in the physical environment. It's not the physical that created him but an eternal being.

Therefore, for man to discover his purpose, he needs to consider a different environment. The environment shouldn't be physical but spiritual and eternal because that's where man was first given a purpose. That eternal environment is the heart. That's the reason eternity was placed in the heart. The heart is a field that hosts God.

God doesn't speak to your ears first—he speaks to your heart. Your purpose doesn't live in your career. It lives in your heart.

The heart is not identical to the soul or spirit—but it interacts with both. It's the bridge where; your spirit whispers God's will.

Your soul debates emotions and logic and your heart either obeys or rebels. You can fake your license but you can't fake your heart. You can fake a relationship, a religion—but not the real condition of your heart.

20 Principles of Purpose

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1.Purpose precedes creation
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Nothing is made without a reason. Purpose comes before you were born—it existed in God's mind.

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2.Purpose is discovered, not chosen
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You don't invent purpose purpose—you uncover it like a veil.

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3.Everything has a purpose
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From the stars to the sand, everything created has a role—including you.

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4.Purpose is connected to design
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The way your mind, body, and gifts were designed are clues to your purpose.

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5.purpose solves a problem
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You were made to be an answer to something in the world.

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6.Purpose brings fulfillment
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You can have money and fame, but still feel empty. Purpose fills the soul.

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7.purpose is always bigger than you
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True purpose helps and impacts others, not just yourself.

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8. purpose requires process
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You won't walk in it instantly—it unfolds over time, through growth and struggles.

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9.pain can point to purpose
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What hurts you most may prepare you to heal others.

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10. purpose leaves legacy
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It doesn't end when you die. It continues to speak through your life.

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11.purpose produces passion
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When you know why you are here, you don't burn out easily.

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12. purpose makes you unique
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No one else can fulfill your role exactly like you can.

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13. purpose protects you from distractions
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When you know why you are here, you stop wasting time.

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14. purpose is rooted in God
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True purpose is revealed by the creator, not by religion.

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15.purpose feels like a calling
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It's not forced. It's a pull, a deep voice inside that keeps calling.

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16. purpose needs discipline
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Without focus and character, you can lose your direction

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17. purpose is inside, not outside
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It's not found in a grocery shop or in titles—it is found in your heart.

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18.purpose always points back to God's Glory
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Your life was made to reflect him—that is the ultimate purpose.

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19. purpose begins with awareness
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Before you can fulfill your purpose, you must know yourself.

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20.purpose is not static
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It evolves. To walk in purpose, you must feed it with knowledge. A mind that refuses to grow cannot carry a purpose that is meant to shape others.

The V.I.S.I.O.N of Purpose

I came up with a simple yet amazing acronyms that helps define purpose.

V—value
I—inside
S—shape
I—impact
O—outside
N—naturally

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1.Value
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"Purpose starts with discovering your value."

Every human being is born with something special inside—something valuable. But most people never pause to look within. Instead, they search for worth in things like money, fame, relationships, or approval. But your purpose is not built on what you have outside. It is built on the value you carry inside—your gifts, your thoughts, your voice, your pain, your story. Until you learn to recognize how valuable you are, you will keep chasing what doesn't matter.

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2.Inside
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"what's inside you is the real foundation of your purpose."

Many people think purpose is about what you do—a job, a title, or a goal. But real purpose is inside. Do you have compassion? Creativity? Leadership? Patience? Those are the seeds of purpose. You don't find purpose in the world first—you discover

it in your heart.

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3.Shapes
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"what's inside of you begins to shape how you live."

Once you recognize the value inside, it begins to shape your direction. You stop wasting time on things that don't matter. Purpose begins to shape how you walk, how you talk, and even what you say 'no' to.

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4.Impact
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"Purpose is never just about you."

It's not about being famous. It's about being effective. The value inside you was never meant to stay locked up. It was meant to impact others. Whether through your wealth, kindness, love, creativity or spiritual gifts—your purpose makes life better for someone else.

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5.Outside
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"Purpose starts inside, but it shows outside."

You don't have to pretend or impress—because what is inside of you will naturally begin to flow outside.

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6.Naturally
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"Purpose flows—it not forced."

The best thing about purpose is that it flows. When you are living with a purpose, you don't have to fake it. You don't have

to force it. It may be hard, but you will be fulfilled in it.

Questions That Help in Discovering Purpose

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1.Who,am I called to serve?
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This is the question that stops us from living life like we are the main character in a movie where everyone else is just background noise. Purpose starts to show itself when we realize life isn't just about us; it is about the impact we have on others. Asking this question shifts the focus from self-centered goals to people-centered impact. Whether it's your family, a group in your community, or an audience you haven't even met yet. knowing who you are called to serve gives you a clear direction. You stop trying to please everyone and start aiming at those who actually need what you bring. Purpose, in that sense, is not just about "what makes me happy," but "who benefits from my existence."

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2.What problems am I called to solve?
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Once you know who you are serving, the next step is identifying what's troubling them. Real purpose often comes from addressing pain points, challenges, or gaps in the lives of those we serve. For example, maybe you are called to solve the problem of lack of clean water, loneliness in elderly communities, or even the chaos of bad WI-FI in rural areas.

This question is powerful because it takes you from being a passive observer of problems to an active solver. And purpose always thrive when its active.

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3.How am I called to solve this problem?
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Now we get to the creativity part—how. This is where your unique skills, experience, and quirks comes in. two people may be called to solve the same problem but in a wildly different way. For example, one person might write books to inspire youths; another might create an app that inspires and connects them to mentors. You just need to stop waiting for your power to "unlock" like a video game and start using what you've got. That's purpose in action. I came across a funny yet profound joke which says;

If your life purpose involves eating pizza and watching Netflix, that's fine...just as long as you are solving the problem of who gets the last slice.

Forgiveness

Who hasn't been hurt before by action or word of another? Perhaps a parent constantly criticizing you, a colleague sabotaged a project or your partner had an affair. Or maybe you faced traumatic experience, such as being emotionally and physically abused by someone close to you. Those wounds can leave lasting feelings of resentment, bitterness and anger—- sometimes even hatred.

Your gut may scream to injustice but Christ's teaching on forgiveness is so profound. "Forgive and forget" is not particularly helpful term. Jesus did not say, "love your enemies and forget about what they have done to you." He says, "love your enemies and pray for those who persecute you."

Prayer is one of the most proven and effective way of building

empathy and perspective. If you hurt me and I genuinely pray for your well being and that God should bless you, I am less likely to get offended and think about your wrong doing. Less likely to hold grudges against you.

Don't Poison Yourself

Unforgiveness is like poison. When ingested it will take time for it work. Nelson Mandela once reflected, "hating someone is like drinking poison and then expecting the other person to die!" In Matthew's gospel peter asks, "how often should I forgive? As many as seven times? Jesus says to him, "not seven times, but I tell you seventy-seven times"

"Forgive your brother or sister from your heart"

Someone when reading might say, "was Jesus aware of the fact that it hurts?"

Well, we need to look at the life of him and our life. Though his teachings are not easy or comfortable for us to follow, they have exceeding great fruits for believers.

There is a story told by bishop Philip Huggins he said;

"I have a friend who walked with a great south African leader called nelson Mandela. Who spent 27 years in jail at Robben island. After decades of torture, suffering and deprivation of time away from family. My friend remembered nelson Mandela's words as he approached the car that was to take Mandela to freedom, he said, 'by the time I reach the car, I must leave all this behind through forgiveness and be free for the future."

(Huggins, 2021)

Mandela tapped into the state of forgiveness for the benefit of the people he was to lead. If he did not leave his hurts, bitterness

and offences behind those bars, he would have been in prison of his mind. You don't need to be too spiritual to forgive. It's a free gift to both believers and unbelievers.

Forgiveness is like eating despite being sick. even though it might hurt, but it would have helped for the medicine to effectively work. The Gift of Forgiveness

Gifts have been given widely throughout the world. Events such as birthdays, graduation or marriages have sparked a mood and atmosphere of gifts. From the beginning of the world till now, the best giver has not been your husband, wife, boyfriend or girlfriend. The best giver has been God.

God has gifted us of himself. And because we have him, we are more than limitations. It's another thing to be pardoned of sin but when the one that is forgiving gets in you, you become another person. What a God we serve, hallelujah!

Acts 5:31

"Him hath God exalted with his right hand to be a prince and a saviour, for to give repentance to Israel, and forgiveness of sins." Take note of the underlined words. Repentance and forgiveness of sins was a gift. And what do you do with a gift?

You don't throw a gift that is good.

Well, if the gift is bad, throwing it away is understandable. But if the gift is far too good to be true, trashing it would be madness.

Imagine this for a second; someone arrives with papers requesting you to sign indicating ownership of a private jet as their gift to you. Can you reject it?

Well, the gift of God in forgiving and gifting us of forgiveness is far better than a jet. Now that you have forgiveness what should you do with it?

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1."Preach it"
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Acts 13:38 "**Be it known unto you therefore, men and brethren, that through this man is preached unto you the forgiveness of sins."**

The man being pin pointed from the underlined word is our lord Jesus Christ. When he was crucified, the preaching of forgiveness was seen to us. This was not only an act but a message of repentance and forgiveness of sins. Now that you have received him, preach Christ. And when you preach Christ, you would have preached forgiveness.

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2."Do forgive"
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You don't just preach it. You act it. This is found in the book to the people in Ephesus;

Ephesians 4:32 "**And be ye kind one to another, tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you."**

Forgiveness covers all wrongs others do to us. It does not have a climax point where it is deemed fit to be executed.

Ever wondered why the people who wrong you keep on living their good lives as it keeps eating you up?

Well, unforgiveness enslaves. The agenda of the devil has always been; feeding people with unforgivers, hatred, malice, evil which hinders the message of forgiveness from being preached. But today it is your turnaround to that world I call Christ. A world full of peace, love, joy, favor, mercy, blessing and every good thing.

4

FRANCIS'S THEORY (27TH JULY, 2025)

It was 17:00 hours. I remember the time clearly—not because I was watching the clock, but because something unusual was happening. I was sitting on my bed, while my brother Michael Mwale was caught up with other things.

The day had been normal, but the evening felt different. the air had turned cold and still. Everything around me seemed quiet—too quiet. Even unusual noises outside felt distant, as if the world had pressed pause for a moment.

I wasn't praying. I wasn't expecting anything special. I was just still. Sitting there in silence. And then, like a soft voice inside, a deep thought entered me. But it wasn't from me. I knew it wasn't mine.

God was speaking. It wasn't loud and dramatic. It was clear and I felt it—not just in my mind, but in my spirit. Like a seed being planted inside me. I suddenly began to understand things I had never been taught—about the heart and what it truly means to have life. It was as though something hidden was being uncovered before me. Not just knowledge, but insight. Truth untold. And it touched on something every human feels

but struggles to put into words—the mystery of who we really are.

That evening, I received what I now call **Francis's theory**. I didn't plan it nor was it from my mind. I didn't create it. It came to me like a gift—like a light shining into a dark room. The more I listened the more it made sense, the more I realized: this wasn't just for me. It was something meant to be shared to generations yet unborn.

The theory states that:

The physical heart has a spirit of its own that stores information and empowers the heart to pump blood. The heart's cells are capable of storing spiritual information. The spiritual part of the heart operates on a divine frequency that aligns with the rhythm of the physical heart—making the heart both a spiritual receiver and a physical engine of life.

After that moment, I didn't move right away. I wasn't afraid, but I couldn't explain what had just happened. It was as though a piece of heaven had touched the earth and I had been allowed to feel it. I had been trusted with information that deep. Something I didn't ask for. Something I could never boast about.

I got up slowly from my bed, and everything felt different. Deep down, I whispered a quiet prayer:

"Lord, may I never make this about me. Let this truth help the broken. Let it heal the confused. And may your voice always be louder than mine."

After that I decided to test the theory. Not as someone who doubted but as someone who believed it had physical evidence to support it.

As I pondered the revelation I had received in my spirit: **the heart is not just a pump—it is vessel of life, memory, and divine rhythm**. Even science has witnessed it.

It is a known fact that the heart, once removed from the body, can still continue to beat for a short while. It's not out of stubbornness, but by something deeper: an inner rhythm.

Could it be that this is a sign of the spiritual nature embedded in the heart?

Could it be that the heart, unlike any other organ, was designed to store more than blood flow—but a divine frequency?

The theory proves that even in the silence of separation, the heart continues to echo what it was told by the spirit. It beats because something greater once spoke to it and perhaps it still listens.

In recent years, many doctors and researchers have recorded unusual reports from heart transplant recipients—stories that science struggles to explain, but the spirit understands well.

A young girl received the heart of another child who had been murdered. After the surgery, she began to have nightmares—dreams so detailed that they led investigators to the actual killer of the donor. How could she have known names, places, and actions she had never experienced herself?

Another patient, Claire Sylvia, quiet and reserved all her life, suddenly craved chicken, beer, and loud music after transplant. She never used to like them. She even began to walk and talk differently. She later found out that her donor was a teenage boy with those exact habits.

What does it mean?

It means the heart remembers.

These real-life cases prove to us that the heart is far more than a pump organ. It is mysterious. It thinks, stores and operates on a particular frequency as the theory states.

Dr. Pearsall, one who observed these patients concluded:

"The heart is much more than a pump. It is a source of

human wisdom, emotions, and even personality."

What my theory defines as a spiritual imprint, science calls it "cellular memory." The heart is a place where God speaks in pulses and frequencies.

So, when God said, "I will write my laws upon their hearts," (Hebrews 10:16), he was not being poetic. He was speaking of a reality that science is only beginning to touch.

The more I studied the experience, the more I realized that the idea of the heart being both physical and spiritual was not just something I imagined. Scripture itself points to this truth again and again. The bible speaks of the heart as the very centre of life, thought, and spiritual encounter.

"Above all else, guard your heart, for everything you do flows from it" Proverbs 4:23.

This verse alone suggests that the heart is not simply a muscle but a fountain of life itself—something far deeper than biology could explain.

Again, in Jeremiah, God declares, "I will put my law within them, and I will write it on their hearts" Jeremiah 31:33. These words comfirm that the heart is caple of storing divine information, a vessel that holds truth in ways no book or stone tablet ever could.

Researchers at the heartMath institute revealed that the heart contains over 40,000 neurons—nerve cells just like those in the brain. This means the heart doesn't respond to the brain. It thinks. It remembers. It feels.

In another study, people were shown random images—some peaceful, others disturbing. What amazed scientists was that: the heart responded before the brain did. Before the brain could process what was coming, the heart already knew.

Could it be that the heart is not reacting but receiving? Could

it be that it senses what the spirit senses before the body does?

The Heart and Emotions

One of the most stunning pieces of evidence that confirms my theory (Francis's theory) I came across after the revelation was a scientific experiment that was conducted in the 1990s on human DNA.

Scientists took a DNA sample from a volunteer soldier. They placed it in a test tube and moved it to a different location. Then the donor was shown emotional videos in order to trigger strong feelings: joy, fear, anger or sadness. At the same time, scientist observed how the DNA sample reacted away from the donor.

They found that the moment the person felt something, the DNA responded. The cells changed their behavior and shape. This experiment proved also that emotions can alter our DNA. Was this experiment a miracle or it can be explained clearly by a spiritual person?

Science calls this non-local communication. But I call it what it truly is: spiritual frequency. These are not random responses. They are your spirit communicating with your body. So, the "frequency" of the DNA was connected to the emotions.

According to experiment, love and peace caused the DNA to relax and became responsive and healthy. Fear on the other hand caused DNA to tighten and become less responsive—making it unhealthy.

This shows us how love and peace affect our DNA. What a powerful observation from these scientists.

Your Identity In Christ

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1.A brand-new creation
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when you come into Christ, you are not just slightly improved—you become entirely new. The bible says in 2 Corinthians 5:17, "if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." Think about that. Your past—with all its guilt, shame, and regrets—isn't just forgiven; it's gone. In its place stands a brand- new person, born of God, filled with new desires, a new heart, and a whole new identity. You are not who you used to be. You have been recreated from the inside out. Heaven has rewritten your story.

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2.Dead with Christ, alive with Christ
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Your new life begins with a death—your old self died with Jesus on the cross. Galatians 2:20 says, "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me." When Jesus died, your sinful nature was nailed to the cross with him. But it didn't end there. Just as Christ rose again, you also rose into a new, resurrected life (Romans 6:4). this isn't just spiritual poetry—it's your true reality. You are now alive in the power. Your life is no longer about striving or surviving—it's about living through Christ, in freedom and victory.

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3.Seated in heavenly places
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You might feel like you are stuck on earth, but spiritually, you

are seated in the highest place possible.

Ephesians 2:6 says that God "raised us up with him and seated us with him in the heavenly places in Christ Jesus."

That's a present position. You are seated with Christ, above fear, above sin, above darkness. You don't have to fight for victory—you live from a place of victory. Heaven isn't just where you are going; its where you are already spiritually positioned.

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4.A child of God and an heir
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You are not just saved—you have been adopted into the royal family of heaven. Romans 8:15-17 says, "you have received the Spirit of adoption as sons, by whom we cry, 'abba! Father!" that means God is not a distant ruler—he is your intimate, loving father. You are his child, cherished and chose. And even more, you are an heir—everything Christ has, God now promises to share with you. His peace, his joy, his inheritance, his glory—it's all yours in Christ. You are not a spiritual beggar. You are a beloved son or daughter with access to the king's table.

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5.The temple of the Holy Spirit
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You are not empty. You are not ordinary. You are the temple—the actual dwelling place of the Spirit of God. 1 Corinthians 3:16 says, "do you not know that God's Spirit dwells in you?"

This means that God doesn't live in buildings anymore—he lives in you. The very power that raised Jesus from the grave now lives inside your body (Romans 8:11). Everywhere you go, God goes with you. You are sacred, holy, and filled with divine presence.

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6.The righteousness of God
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In Christ, you are not trying to earn God's approval—you already have it.

2 Corinthians 5:21 declares, "he made him who knew no sin to be sin for us, so that in him we might become the righteousness of God."

You don't just wear righteousness like clothing—you become it. Jesus took you sin, and in exchange, gave you his perfect record. Now, when God looks at you, he doesn't see failure. He sees the beauty of his own Son. You stand before him clean, complete, and justified.

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7.One spirit with Christ
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Your connection to Jesus is deeper than friendship. Its deeper than closeness. Its union. 1 Corinthians 6:17 says, "he who is joined to the lord, becomes one spirit with him."

You and Jesus are now spiritually fused together. His heart beats in you. His mind shapes yours. His strength flows into your weakness. You are not just walking next to him—you are walking in him, and he in you. This is the mystery and glory of oneness with Christ. You are never separated, never alone.

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8.God's workmanship and ambassador
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You were not an accident. You were not randomly saved. You were designed by God with love and purpose. Ephesians 2:10 calls you "God's workmanship, created in Christ Jesus for good works."

That word "workmanship" means masterpiece—like a hand-crafted poem or sculpture. God made you to reflect his beauty and to walk in the good things he prepared for you.

And more than that, you are his ambassador (2 Corinthians 5:20). You represent Jesus to the world. You carry his message, his peace, and his authority into every room you enter.

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9.Complete in him
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You are not missing anything. You are not spiritually broken or lacking.

Colossians 2:10 says, "you have been filled in him."

That means in Christ, you already have everything you need—his strength, his wisdom, his grace, his joy. You don't have to perform, earn, or prove yourself. You are full, whole, and completely equipped for life and godliness. Whatever you face, the fullness of Christ is withing you to overcome it.

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10.The bride of Christ
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More than anything else, you are deeply loved. You are the bride of Christ—chosen, pursed, and promised to him forever. Revelation 19:7 says, "the marriage of the lamb has come, and his bride has made herself ready."

Jesus didn't just save you—he gave himself for you because he wants you. His love is not cold or distant—its passionate and eternal. He is preparing you for eternal joy and union. You are the one he died for, the one he is coming back for. You are his beloved.

5

IS AI ROBBING MAN OF HIS PURPOSE?

As artificial intelligence grows more capable, the question on many minds is this: is AI stealing our purpose? And the truth is, it's not a simple yes or no—it's something deeper, more spiritual, and far more dangerous than we realize.

AI is not just a machine that calculates or organize data—it is now creating art, writing books, composing music, diagnosing illness, speaking in human-like tones, and making decisions that once belonged to humans. But what people don't see is the psychological and spiritual effect this is having—especially on young people. For generations, people found purpose in work, in mastery, in being needed. But now, when machines can do those very things faster, cheaper, and sometimes even better, humans begin to feel less necessary. That's where the quiet robbery begins.

But what exactly is technology?

The word technology is built up from the roots ***techne*** or technique. Therefore, technology is simply;

- Techniques, know-how, formulas and expertise.
- According to the Merriam Webster it is the invention of useful things to solve problems.
- A way of making life easy.

When the word technology pops in human minds, all they are limited to think about are smart phones, new modelled cars and an expanse of all new things.

These are all technology, but what defines technology is its ability to cause change in human lives. If an item can cause change in human lives, it is a technique or method termed—technology. God causes change—he is the ultimate and true technology.

If you've ever found yourself trapped in the cycle of telling yourself "Just five more minutes" of screen time, only for it to turn into scrolling session, you might want to reconsider your phone habits. A study conducted at Tianjin normal university on brain imaging revealed that bingeing on short-form content, such as Tick Tok videos, doesn't just entertain you—it can physically change your brain.

Technology is like that friend who always shows up with snacks. It makes life easier, faster, and cooler. Imagine waking up and not having to fetch water from the well but just opening a tap. That's technology flexing. Want to talk to someone on the other side of the world? Boom, one WhatsApp call and you are already saying "can you hear me? Hello? Wait, you are not mute."

We have got medical tech saving lives that would have been lost in the past. Planes flying us across continents in hours instead of months on boats. Online schools and YouTube tutorials teaching you how to cook, fix a car, or even play guitar

without paying.

But hold up. That same "snack friend" sometimes eats all your food and leaves you broke.

According to cognitive research, adolescents spending 7+ hours daily on electronic media are 40% less likely to do well academically; those limiting use to 2-4 hours daily are more likely to excel.

Social media isn't uniformly harmful. Technology is a tool.

We don't let tools use us rather we use tools. There has never been a day a hoe knocked on the farmers door requesting the farmer to be used at the Farm or Garden. That would be considered witchcraft! Technology isn't the enemy—it's a tool. But when left unmanaged, it can distract us from our deeper purpose by fragmenting focus, feeding us with comparison behaviors, and limiting real-world connection.

6

FRANCIS'S THEORY OF IMMORTALITY

When people hear the word immortality, they often think of human beings living forever, free from death and decay. But this view is too narrow. Immortality is not confined to human flesh. It extends beyond our bodies into things we create, the words we speak, the ideas we spread, and the influence we leave behind. Immortality is not just about endless life—it is about endless impact. Francis's theory states that;

"Immortality is not only about humans. Things can also become immortal, and words can also be immortal."

According to my theory of immortality, there are two primary forms of immortality:

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1.Immortality of things
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Physical objects can outlast their makers and carry memory through time. The pyramid of Egypt, ancient coins, manuscript, and even simple tools remain long after their creators have

vanished. These objects achieve a kind of immortality through endurance—they testify that something or someone once lived.

This truth is not only confined to scripture; history confirms it. The dead sea scrolls, hidden for centuries, were rediscovered and found to carry words of prophecy that still guides millions today.

Scriptures gives evidence. God commanded Moses to build the ark of the covenant from acacia wood overlaid with gold (Exodus 25).

Though the craftsmen who fashioned it died thousands of years ago, the ark became a vessel of immortality—not because the wood itself lived, but because it carried a timeless testimony of God's presence among his people.

In 1945, a young boy died in the atomic bombing of Hiroshima. His small tricycle, burned and twisted, is now preserved in a museum. Though the child is gone, the object lives as a powerful testimony of human suffering and the need for peace.

The immortality of things is seen in how nothing in creation is wasted. Science tells us that matter cannot be destroyed, only transformed. A tree falls, decays, and becomes soil that feeds another tree. A star explodes, and its particles form new worlds. This is the cycle of immortality in creation: everything moves, changes, transforms, but nothing ever truly vanishes.

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2.Immortality of words
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Words are perhaps the most enduring form of immortality. A man may die, but his words can travel across centuries. Prophets, poets and wise men are gone, yet their voiced continue to speak. Scripture, literature, and even a simple phrase of

wisdom can survive generations. Words live because they are carried within people, spoken again and again, and recorded in memory and text.

Jesus said: "heaven and earth will pass away, but my words will never pass away" (Matthew 24:35). This is clearest declaration that words can outlive creation itself.

Martin Luther King Jr. died in 1968, but "I have a dream" still shapes nations.

The deuterocanonical book of Solomon (the wisdom of Solomon) contains striking passages about immortality rooted in words but I chose to quote one that says;

"Wisdom...by her means I shall obtain immortality, and leave behind me an everlasting memorial to those that come after me." (Wisdom 15:3)

This shows that the written and spoken word, and tangible objects, carry timeless significance—often far beyond the lives of their creators.

Think about it: the world itself was created by words. God said, "let there be light," and light has never stopped shinning. That one command still vibrates through the universe. Science even shows that sound waves never fully die; they travel endlessly, becoming smaller, but always existing. This means that every word we speak, every action we take, lives on in some form. Words are seeds, and seeds never vanish—they either bloom or decay in consequences.

This is why the ancients were careful with speech. In Hebrew, the word "Dabar" means both "word" and "thing." To them, words were not just sounds—they were realities. Whatever you spoke became substance. The Greeks also believed in the power of "logos", the living word, a divine principle that shaped reality. When john wrote, "in the beginning was the Word(logos), and

the Word was with God, and the word was God," he was showing us that words are immortal because they are rooted in God himself.

Final words for this generation;

If our lives are short, but our words and works last, then we must live carefully. The inventions we create, the books we write, the songs we sing—they outlive us. That is why legacy is not about how long we live, but about what we leave behind.

7

LOVE AND RELATIONSHIPS IN PURPOSE

Love has always been one of the greatest mysteries of human life. It is not just a feeling we stumble into, nor is it just a matter of chance. Love is deeply tied to purpose. I believe that when God designed us, he did not only give us individual callings, but he also placed within us the longing for a connection that matches our journey. Real love is not random—it is purposeful. When two souls meet, it is often because there is something in each other that must awaken, something that must align with destiny.

The ancient Hebrews had different words for love. One word, "ahava," was not just about passion or romance, but about deep commitment and sacrifice. It was love that moves beyond feelings into action. The Greeks also had multiple words: **Eros** for romantic desires, **Philia** for friendship, and **Agape** for unconditional love. But when you look at marriage and relationships through the lens of purpose, it is not just eros, not just philia—it must be grounded in agape, that higher love that sees beyond imperfections and stands firm through time.

Why Be in A Relationship?

A relationship is meant to sharpen you. The right person is not just someone who makes you smile, but someone who challenges you to grow. They remind you of who you are when you forget, and they speak life into your dreams when you feel weak. In the bible it says, "two are better than one, for they have a good reward for their labor. If one falls, the other can lift him up." That is more than companionship—it is destiny. A relationship that is rooted in purpose does not drain you; it empowers you. It is not just about enjoying each other's company, but about aligning each other's paths so that both lives become fruitful.

This is why choosing who to love is one of the most important decisions of life. The wrong relationship can blur your vision, while the right one will clear it. Many enter love only for pleasure, beauty, or wealth, but these things fade. Beauty winkles, money can vanish, and feelings shift like the wind. But when love is built on purpose, storms cannot destroy it. That is why ancient wisdom tells us that "a cord of three strands is not easily broken"—the two people, joined with God, are unshakable.

In my own reflection, I see that love is not meant to blind us, but to open our eyes. It shows us who we really are. When I think of love, I don't just see romance. I see destiny.

Sometimes, people treat relationships lightly, as if they are just experiments. But love was never meant to be played with. It is sacred because it carries the power to create, to heal, and even to destroy. That is why I believe love must be handled with fear of God. Because when it is pure, it is fire that warms and builds. But when it is corrupted, it becomes a fire that burns and

destroys.

Love, relationships, and marriage are not separate from purpose—they are channels of purpose. If I want to live a life that counts, I cannot choose love carelessly. I must ask: does this love align with where God is taking me? Does this relationship strengthen my vision or steal it?

Why Relationships Fail?

Most relationships do not fail because love was never there. People often enter into relationships carried entirely by emotions, chemistry, or excitement, but without building on a foundation of purpose. Love without direction is like a river without banks—it spills everywhere and eventually dries up. The truth is, feelings may start a relationship, but purpose sustains it. Without purpose, even the strongest attraction fades.

One of main reasons relationships fail is **wrong foundations**. In ancient Hebrew thought, the foundation of something determined its strength. If a house was built on sand, no matter how beautiful, it would eventually collapse. In the same way, many relationships are built on beauty, money, or temporary pleasure. These things are unstable because they change with time. Beauty fades, money can be lost, and pleasure shifts with seasons.

Another reason is **lack of alignment**. Two people can care about each other but be walking in completely different directions. The bible says, "can two walk together unless they agree?" love is not enough if vision does not align. For example, if one person is chasing God and purpose, and the other is chasing comfort and pleasure, eventually the distance grows too wide

to bridge. Many relationships break not because there wasn't love, but because there wasn't agreement. And love without agreement creates endless conflict.

Relationships also fail because of **selfishness**. Real love requires sacrifice. The Hebrew word for love "ahava" means "I give." But today, many relationships are about "I take."

True love must be about serving each other's growth, not just feeding on each other's attention. A selfish heart will never keep a covenant, because the moment sacrifice is required, it will run. That is why so many promises are broken—because people enter relationships for what they can get, not for what they can give.

Another silent killer is unresolved wounds. People carry pain from childhood, past relationships, or broken trust, and instead of healing, they enter new relationships hoping love will fix them. But love does not heal what only God and inner work can heal. So, the wound bleeds again, and the other person suffers for pain they never caused. This cycle destroys many unions.

Relationships fail because of **impatience**. People rush into commitments without truly knowing each other. They see charm and mistake it for character. They see excitement and mistake it for destiny. But character is revealed over time, not at first sight. Ancient wisdom says, "test all things; hold fast what is good." Many hearts break simply because they planted in a hurry and reaped too soon.

Another reason is **losing purpose within the relationship**. Sometimes, even good couples fail because they forget why they came together in the first place. Love becomes a routine, and purpose is neglected. They stop growing, stop sharpening each other, and begin to drift apart. A relationship without growth eventually suffocates.

There is also the problem of deception. People enter relationships pretending to be someone they are not, hiding their true selves. but masks can not only be worn for so long.

Eventually the truth surfaces, and the relationship shatters because it was never built on authenticity. Love cannot survive without truth. The bible says love "rejoices in the truth." Lies may give temporary happiness, but they cannot build lasting trust.

Lastly, relationships fail because people forget that love is spiritual. Love is not just about the body, sex or emotions; it is about souls. When God is not the center, love easily turns into lust, manipulation, or control. But when God is the anchor, love becomes patient, forgiving, and enduring. Many unions fall apart because they were never surrendered to him.

Takeaway:

If love is a seed, it must be planted in the right soil, watered with patience, and guarded from weeds like selfishness, lies, and impatience. Without that, even the most passionate love will fade. But when love is grounded in truth and guided by purpose, it endures through time.

Lies Youths Believe About Purity and Relationships

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1."Everyone is doing it, so its normal."
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This is the devil's biggest lies. Society normalizes sexual sin through music, movies, social media, and peer pressure. Youths are made to feel "old-fashioned" if they choose purity. But the truth is, everyone is not doing it—there are still people walking in holiness, and thy are the ones building unshakable futures. What is "common" is not always right. Jesus said, "broad is the road that leads to destruction, and many enter through it."

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2."It's just a kiss; it doesn't mean anything."
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The lie here is that small acts of intimacy are harmless. But every kiss awakens something deeper. It is a spark, and sparks ignite fire. The bible says, "do not awaken love before its time." A kiss is not just lips touching; it is the stirring of passion, and once stirred, it rarely stops there.

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3."God will forgive me anyway, so it doesn't matter."
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This lie makes sin look cheap. Yes, God forgives, but sin still leaves scars. David was forgiven for Bathsheba, but the consequences haunted his family. Purity lost can be restored, but the memories, pains, and brokenness often remain. Gace is not a license to sin; it is power to overcome sin. The devil wants you to believe you have time, but you don't know how much time you really have. Today is the day of decision.

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4."If I don't give in, I will lose them."
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Many youths think they must comprise purity to keep a boyfriend or girlfriend. But anyone who asks you to sin to keep their love does not love you—they love themselves.

True love strengthens purity; false love pressures it. If someone leave because you refuse sin, they were never meant for your destiny.

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5."It's just physical; it doesn't affect my soul."
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This is a dangerous lie. Sexual sin is not just physical—it is spiritual. The bible says, "do you not know that he who unites himself with a prostitute is one with her in body?" every act creates a soul tie, a spiritual connection. That's why people struggle to forget or move on after sexual encounters—they gave away more than their body; they gave away part of their soul.

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6."I can stop anytime I want."
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This lie always makes me laugh each time youths talk about it. This lie underestimates the power of addiction. Sexual sin creates strongholds in the mind and body. Once doors are opened, they are not easy to close. Sin always takes you further than you planned.

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7."Purity is boring, I'll miss out on life."
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This is another tick of the enemy—to make sin look exciting and

holiness look dull. But in reality, sin gives short-term pleasure and long-term pain, while purity gives short-term discipline and long-term joy. Many who thought they were "enjoying life" in sin ended up broken, regretful, and empty. The joy f purity lasts longer than the thrill of lust.

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8."it's my body; I can do what I want."
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The culture of this world teaches ownership of the body— "my body, my choice." But what if God has something profound to say about that?

Your body is not yours; it is a temple of the holy spirit. The enemy doesn't care about your body because he knows it will one day return to dust. Every time you defile your body, you vandalize the temple of God. The devil wants you to think you are in control, but in reality, he is the one pulling the strings.

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9."we're just having fun."
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This is another trap. Youths believe that life is about fun, and purity is boring. But the enemy is smart—he disguises destruction in the package of fun. What feels like "just fun" today can chain you tomorrow. A moment of fun can turn into a lifetime of regret. The truth is, sin always advertises pleasure but hides the price tag. The devil shows you the bait but hides the hook. Many who once said "we're just having fun" now live in regret, brokenness, or disease.

Final words for this generation;

Truth is stronger than lies. Every pure truth is from God. When you know the truth, the lies lose their power. Purity is not

weakness; it is strength. Purity is not old-fashioned; it is eternal. And purity is not about restriction—it is about protection. If you guard your purity, you guard your purpose. I believe you have been blessed in a mighty way.

8

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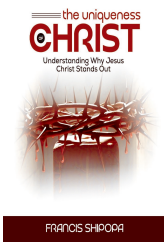
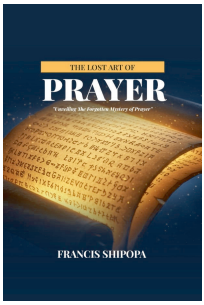


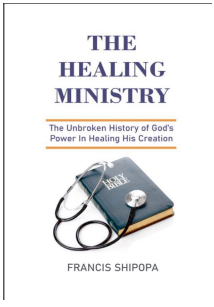
THE UNIQUENESS OF CHRIST 1ST EDITION

At the heart of the uniqueness of Christ lies a deeper well spring of truth—the bible. This sacred text presents Jesus not merely as a teacher or prophet, but as the eternal son of God, uniquely qualified to bridge the gap between humanity God. In a world filled with competing truths and ideologies, the bible boldly asserts the singularity of Christ in his nature, mission, and authority. This book is built on that unwavering foundation—one that has withstood centuries of cultural shifts and theological challenges. The message of Christ's uniqueness is not just doctrinal; it is deeply personal, transformative, and eternally relevant.



THE LOST ART OF PRAYER

Many people try to make prayer as something complicated. Prayer won't be complicated when you understand the reason you are praying and how you ought to pray. In this day and age, many are having problems with God in relation to their unanswered prayers. As few are thriving in their prayer life, many are having a hard time understanding prayer and how unfruitful it is appearing to them. " the lost art of prayer" is a book that aims at making you understand what prayer really is, how to pray and when to pray. Read this book and discover shocking truths behind prayer.



THE HEALING MINISTRY

If you want to live a sickness- free life in every aspect of your Christian journey, you must understand how to receive the already given healing by God. in this life- transforming book, Francis R. Shipopa reveals secrets as to what healing is, and how we can receive it effectively so as to do the works of God.